

# STACY ADAM JENSEN

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Dear Client,

In order to be well informed about my policies and your rights as a client, I am providing you with this material. Please read this carefully and, if you need clarification on any of this information, please ask me before signing this form.

## PSYCHOTHERAPY

Psychotherapy involves a great commitment of time, money and energy, so a therapist should be carefully chosen. It is important to feel comfortable and optimistic with the person you choose, and to discuss any concerns you might have at the outset. If you could benefit from any treatments I cannot provide, or if for some reason I'm not the right therapist for you, I will offer some names of other therapists who might be better suited.

## THE PROCESS OF CHANGE

Change can sometimes be swift and easy, but more often slow and frustrating, and the psychotherapeutic process contains both risks and benefits. Risks might include experiencing uncomfortable levels of feelings like sadness, guilt, anxiety, anger, helplessness or loneliness. Recalling unpleasant aspects of your history is never easy and may bring up old coping mechanisms and ways of behaving, and increased relational difficulties with others. Despite these risks, psychotherapy has been shown to be a benefit for many people and a host of positive changes are possible. Some of these changes are: improved mood, decreased anxiety and feelings of guilt/shame, a reduction or elimination of trauma symptoms, a more expanded range of emotions, and feeling more connected to yourself, others and the world around you.

## CONFIDENTIALITY

You have the right to privacy, confidentiality and professional behaviour. You also have the right to see any files or information I keep regarding your work with me. Confidentiality is a serious concern for me and I will not divulge any information shared in our work together without your expressed, written permission, except under the following circumstances:

- That, in my opinion, you are a danger to yourself or others
- That, from the information you share with me, I conclude that you or someone about whom you have been speaking is in danger
- That a court of law orders me to release any notes which I have kept concerning our sessions

## CONSULTATION

I will, during the course of our work together, be seeking professional consultation. This is to ensure that you receive the best possible care that I can offer. While in consultation I will need, at times, to describe some practical details of our sessions. The same boundaries will apply to these details as I have described will apply to my notes. I will be seeking consultation only in terms of professional support of the work we are doing together.

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Stacy Adam Jensen M.Ed.  
Registered Clinical Counsellor

250.216.1356

[www.stacyadamjensen.com](http://www.stacyadamjensen.com)  
[stacy@stacyadamjensen.com](mailto:stacy@stacyadamjensen.com)

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## SESSION FEE, LENGTH AND PAYMENT

Sessions for individuals are 60 minutes and cost \$130.00 plus GST and sessions for couples are 90 minutes and cost \$190.00 plus GST, payable at the end of each session by cash, cheque, visa or mastercard. If paying by E-Transfer, payment is required prior to the session.

## CHANGE OR CANCEL APPOINTMENT

If you need to cancel or change your appointment please give 24 hours notice: session fees will be charged for missed appointments and late cancellations. If you are experiencing cold or flu like symptoms, please call to reschedule.

## CONTACT OUTSIDE OF SESSION

If you need to contact me I may be reached at 250-216-1356. I generally receive and reply to messages Tuesday through Friday unless I am attending a professional training or out of town.

## TELEPHONE CALLS AND LETTERS/CORRESPONDENCE

Telephone calls that are clinical in nature and extend more than 10 minutes will be pro-rated and billed at my clinical rate. My clinical rate will be pro-rated and applied to any letters or clinical correspondence that I am asked to write.

## EMERGENCY/CRISIS

The nature of my practice is that I am unable to offer crisis response or ongoing support outside of sessions. If you are in crisis and need to speak with someone, please call the Vancouver Island Crisis Line at 1-888-494-3888..

If you have any questions about the information written above, please bring them up to me and do not sign this Informed Consent Form until you are satisfied that all of your questions and concerns have been fully addressed.

I look forward to a close, professional relationship with you,

Warmly,

Stacy Adam Jensen, M.Ed, RCC # 11261

Client Signature\_\_\_\_\_ Date\_\_\_\_\_

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